

[PALEO & AIP FREEZER STASH SESSION]

3 SEASONED MEATBALLS

TANDOORI TURKEY MEATBALLS

GYRO MEATBALLS

RANCH CHICKEN MEATBALLS



WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making three different Paleo and AIP-friendly meatball flavors to either eat this week or freeze for later.

HOW LONG CAN THESE BE STORED?

These meatballs can be stored in the refrigerator for up to 5 days. They can be stored in the freezer for up to 6 months.

HOW LONG DOES THIS SESSION TAKE?

This session will take about 30 minutes from start to finish, but the majority of that is waiting for the meatballs to cook in the oven.

This makes it a great session to pair with another short session or to even do before dinner - in fact, in the video I made some of the meatballs for dinner that night and then froze the rest. It's not much more work to do all 3 vs. just 1 type of meatball, and then you've got some stashed away in the freezer for later!



SHOPPING LIST

FOR ALL 3 RECIPES

- 1.5 cups unsweetened applesauce
- *1/2 teaspoon Sea Salt

*You don't need this if you already have made all the AIP seasonings for this session

ADDITIONAL INGREDIENTS TANDOORI TURKEY MEATBALLS

- 1 pound ground turkey
- 1-2 tablespoons AIP Tandoori seasoning mix OR
- *3/4 teaspoons dried Ginger
- *1/3 teaspoon dried Turmeric
- *1/2 teaspoon Cinnamon
- *1/8 teaspoon ground Cloves
- *1/2 teaspoon dried fenugreek leaves

*You don't need this if you already have made the AIP Tandoori seasoning

ADDITIONAL INGREDIENTS FOR RANCH CHICKEN MEATBALLS

- 1 pound ground chicken
- 1-2 tablespoons AIP Ranch seasoning mix OR
- *1/3 teaspoons Garlic Powder
- *1/3 teaspoons Onion Powder
- *3/4 teaspoons Dried Parsley
- *3/4 teaspoons Dried Basil
- *3/4 teaspoons Dried Chives
- *Pinch of Black Pepper (for Paleo or Stage 1 AIP Reintroduction)

*You don't need this if you already have made the AIP Ranch seasoning

SHOPPING LIST CONT.

ADDITIONAL INGREDIENTS FOR GREEK MEATBALLS

- 1 pound ground beef or lamb
- 1-2 tablespoons AIP Greek seasoning mix OR
- *1 + 1/8 teaspoons Dried Oregano
- *3/4 teaspoon Dried Basil
- *1/3 teaspoons Dried Dill
- *3/4 teaspoon Onion Powder
- *3/4 teaspoon Garlic Powder
- *3/4 teaspoon Black Pepper (for Paleo or Stage 1 AIP Reintroduction)

*You don't need this if you already have made the AIP Greek seasoning

ORDER OF OPERATIONS

1: SET THE STAGE: GATHER INGREDIENTS AND EQUIPMENT

Gather all your pantry ingredients and meats for easy access. Gather the following equipment:

- large mixing bowl
- 2 sheet pans (or up to 3 baking dishes to accommodate the meatballs)
- parchment paper
- measuring spoons

Preheat your oven to 400 degrees Fahrenheit (204 degrees Celsius)

2: PREP THE TANDOORI TURKEY MEATBALLS

In a large bowl add:

- 1 pound of ground turkey
- 1-2 tablespoons of AIP Tandoori seasoning mix
- 1/2 cup applesauce

Alternatively, if you don't have pre-made AIP Tandoori seasoning mix add the following:

- 3/4 teaspoons Dried Ginger
- 1/3 teaspoon Dried Turmeric
- 1/2 teaspoon Cinnamon
- 1/8 teaspoon Ground Cloves
- 1/2 teaspoon Dried Fenugreek Leaves
- Pinch of salt

NOTE: the above seasoning list is the equivalent of 1 tablespoon of pre-made seasoning mix. Feel free to double for more flavor.

Mix all the ingredients well. Form into meatballs and place on one side of a parchment-lined baking sheet.

ORDER OF OPERATIONS CONT.

3: PREP THE RANCH CHICKEN MEATBALLS

In a large bowl add:

- 1 pound of ground chicken
- 1-2 tablespoons of AIP Ranch seasoning mix
- 1/2 cup applesauce

Alternatively, if you don't have pre-made AIP Ranch seasoning mix add the following:

- 1/3 teaspoons Sea Salt
- 1/3 teaspoons Garlic Powder
- 1/3 teaspoons Onion Powder
- 3/4 teaspoon Dried Parsley
- 3/4 teaspoons Dried Basil
- 3/4 teaspoon Dried Chives
- Pinch of Black Pepper (for Paleo or Stage 1 AIP Reintroduction)

NOTE: the above seasoning list is the equivalent of 1 tablespoon of pre-made seasoning mix. Feel free to double for more flavor.

Mix all the ingredients well. Form into meatballs and place on the other side of the parchment-lined baking sheet with turkey meatballs.

4: PREP THE GYRO MEATBALLS

In a large bowl add:

- 1 pound of ground beef or ground lamb
- 1-2 tablespoons of AIP Greek seasoning mix
- 1/2 cup applesauce (optional)

Alternatively, if you don't have pre-made AIP Greek seasoning mix add the following:

- 1 + 1/8 teaspoons Dried Oregano
- 3/4 teaspoon Dried Basil
- 1/3 teaspoons Dried Dill
- 3/4 teaspoon Onion Powder
- 3/4 teaspoon Garlic Powder
- 1/8 teaspoon Sea Salt
- 3/4 teaspoon Black Pepper (for Paleo or Stage 1 AIP Reintroduction)

NOTE: the above seasoning list is the equivalent of 1 tablespoon of pre-made seasoning mix. Feel free to double for more flavor.

Mix all the ingredients well. Form into meatballs and place a separate parchment-lined baking sheet or baking dish.

ORDER OF OPERATIONS CONT.

5: COOK THE MEATBALLS

Put all of the meatballs into an oven set to 400 degrees Fahrenheit and cook for 18-20 minutes, or until well done.

Set them aside to cool for 10-20 minutes.

Store any meatballs you're eating during the week in the fridge for up to 5 days.

6: FREEZE FOR LATER

You can flash freeze them for later. Fit as many as you can on one baking sheet if you have the room to put a baking sheet in your freezer. If you don't, then do this with a baking dish or plate.

Freeze for at least 4 hours, or over night, then transfer the meatballs to a freezer safe container or bag for long term storage.

7: REHEAT THE MEATBALLS

To reheat, simply take out straight from the freezer and reheat for a minute or two in the microwave, in a pan on the stove for a few minutes, or in the oven for 10-15 minutes at 350 F.

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